Alcohol Use During Pregnancy

Key Findings

❖ **Maternal prenatal alcohol exposure is one of the leading preventable causes of birth defects and developmental disabilities. Fetuses exposed to alcohol can develop a wide range of disorders from subtle effects of I.Q. to severe mental retardation. There is no safe amount of alcohol, nor a safe time, that a woman can drink while pregnant.**

❖ **From 1998 - 2000, an estimated 49% of new mothers reported drinking alcohol during the three months before becoming pregnant, and 5% reported drinking alcohol during their third trimester of pregnancy.[1]**

❖ **While the largest percentage (~56%) of pre-pregnancy drinkers were women ages 35 and older, about one-third of women who were under age 20 at childbirth reported drinking prior to pregnancy.[1]**

❖ **An estimated 13% of new mothers reported binge drinking during the 3 months before they got pregnant while less than 1% reported binge drinking the last 3 months of pregnancy.[1]**

❖ **Women who intended to become pregnant were significantly less likely to binge drink before they became pregnant than women who did not intend to become pregnant.[1,a]**

❖ **Asian mothers were significantly less likely to report drinking before pregnancy than other races. Hispanics were significantly less likely to report drinking before and during pregnancy than non-Hispanics.[1]**

❖ **Non-Medicaid women were significantly more likely to report drinking before pregnancy than Medicaid women or Grant Recipients.**

❖ **Women with four or more years of college education were the most likely to report drinking during 3rd trimester (~8%). There was no difference in reported binge drinking during the third trimester by mother's educational status. (Data not shown).[1,a]**

❖ **The Healthy People 2010 objective is for at least 94% of pregnant women to abstain from alcohol and 100% to abstain from binge drinking during pregnancy.[2]**
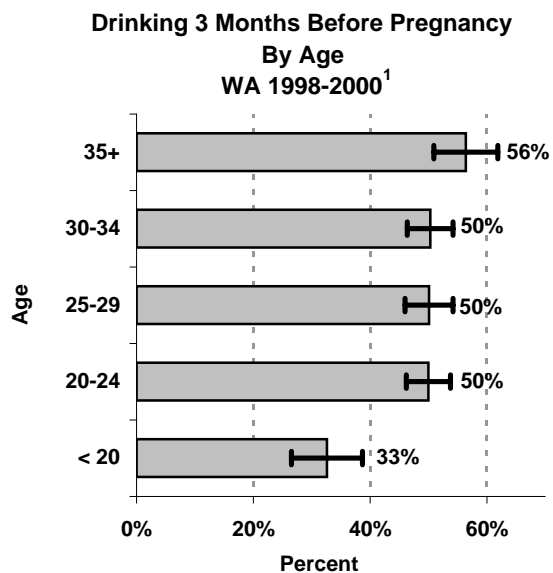

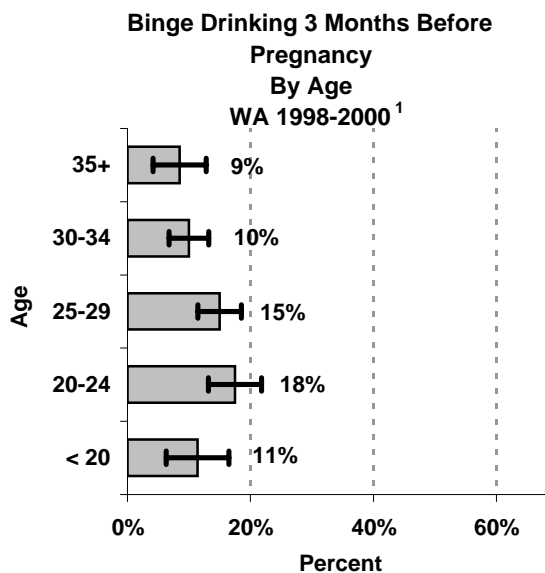Alcohol Use Before and During Pregnancy
WA Prams 1998-2000[1]

Washington State
Department of Health
MCH Assessment

AlcoholPreg1

MCH Data Report 2003
Alcohol Use in Pregnancy
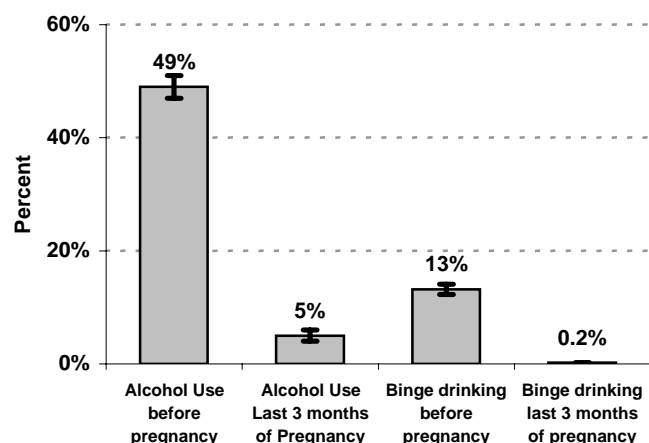
Alcohol Use During Pregnancy (cont.)

Alcohol Use in Pregnancy By Maternal Age

Drinking Before Pregnancy

Drinking 3 Months Before Pregnancy
By Age
WA 1998-2000[1]

Age	Percent
35+	56%
30-34	50%
25-29	50%
20-24	50%
< 20	33%

Binge Drinking

Binge Drinking 3 Months Before
Pregnancy
By Age
WA 1998-2000[1]

Age	Percent
35+	9%
30-34	10%
25-29	15%
20-24	18%
< 20	11%

Third Trimester

Drinking in 3rd Trimester
By Age
WA 1998-2000[1]

Age	Percent
35+	10%
30-34	9%
25-29	5%
20-24	3%
< 20	1%

Washington State
Department of Health
MCH Assessment

AlcoholPreg2

MCH Data Report 2003
Alcohol Use in Pregnancy
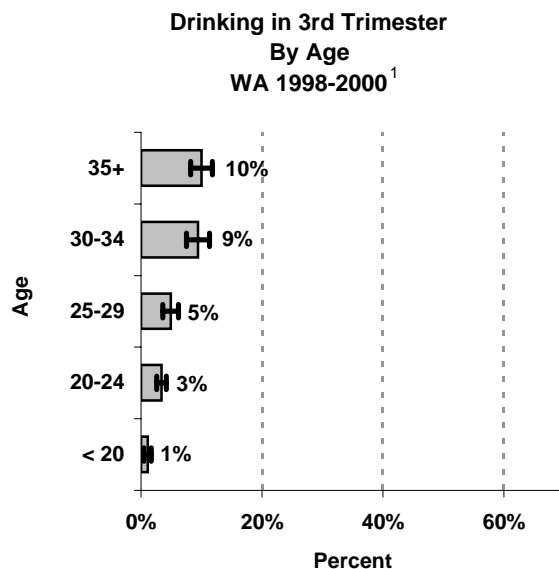
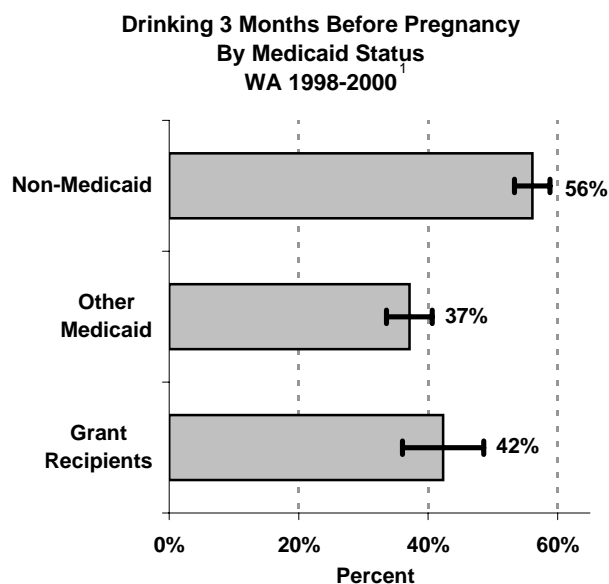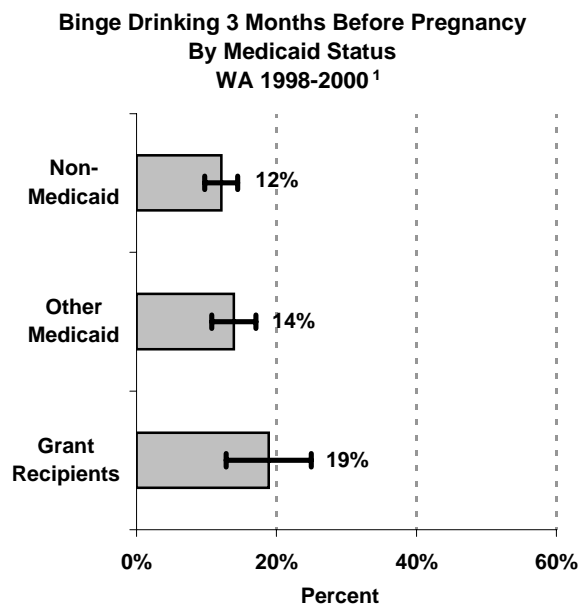# Alcohol Use During Pregnancy (cont.)

Alcohol Use in Pregnancy By Medicaid Status[*,b]

Drinking Before Pregnancy

**Drinking 3 Months Before Pregnancy
By Medicaid Status
WA 1998-2000[1]**

- Non-Medicaid: 56%
- Other Medicaid: 37%
- Grant Recipients: 42%

Percent

Binge Drinking

**Binge Drinking 3 Months Before Pregnancy
By Medicaid Status
WA 1998-2000[1]**

- Non-Medicaid: 12%
- Other Medicaid: 14%
- Grant Recipients: 19%

Percent

Third Trimester

**Drinking in Third Trimester
By Medicaid Status
WA, 1998-2000[1]**

- Non-Medicaid: 7%
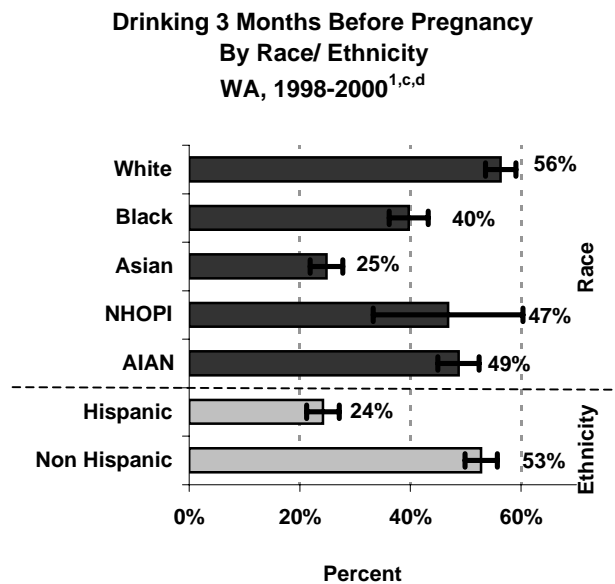- Other Medicaid: 3%
- Grant Recipients: 5%

Percent
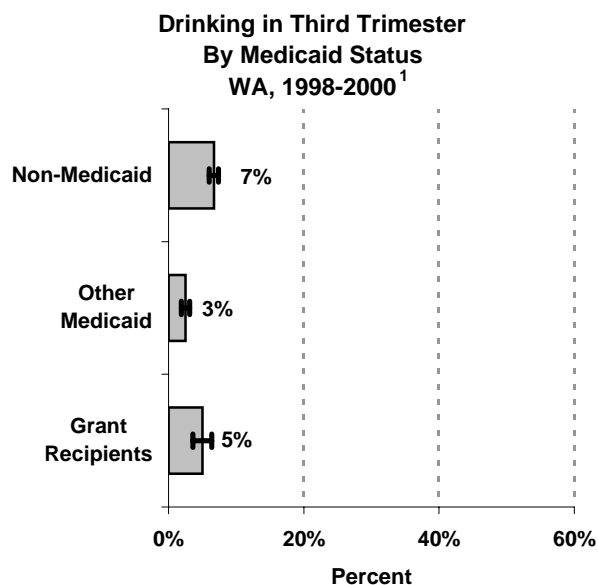
*Medicaid women had either prenatal care or delivery paid by Medicaid. Medicaid women include those who are very low income and receive cash assistance (TANF) in addition to Medicaid **[Grant Recipients]** and those who receive Medicaid with no cash assistance **[Other Medicaid]**.
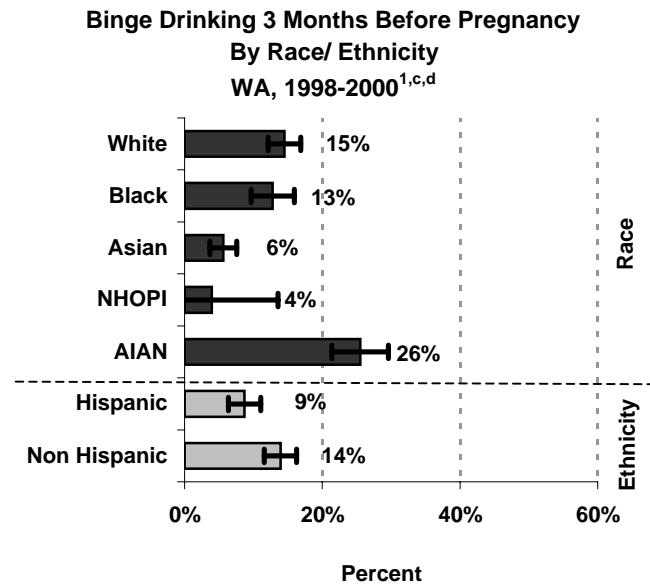
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Alcohol Use in Pregnancy

Alcohol Use During Pregnancy (cont.)

Alcohol Use in Pregnancy By Race and Ethnicity

Drinking Before Pregnancy

**Drinking 3 Months Before Pregnancy
By Race/ Ethnicity
WA, 1998-2000[1,c,d]**

Race
- White — 56%
- Black — 40%
- Asian — 25%
- NHOPI — 47%
- AIAN — 49%

Ethnicity
- Hispanic — 24%
- Non Hispanic — 53%

Percent

Binge Drinking

**Binge Drinking 3 Months Before Pregnancy
By Race/ Ethnicity
WA, 1998-2000[1,c,d]**

Race
- White — 15%
- Black — 13%
- Asian — 6%
- NHOPI — 4%
- AIAN — 26%

Ethnicity
- Hispanic — 9%
- Non Hispanic — 14%

Percent

Third Trimester

**Drinking in Third Trimester
By Race/ Ethnicity
WA, 1998-2000[1,c,d]**

Race
- White — 6%
- Black — 4%
- Asian — 2%
- NHOPI — 6%
- AIAN — 4%

Ethnicity
- Hispanic — 2%
- Non Hispanic — 6%

Percent

Data Sources

[1] Washington Pregnancy Risk Assessment Monitoring System (PRAMS), 1998-2000.

[2] Department of Health and Human Services (US). Healthy People 2010: Understanding and Improving Health. 2nd edition. Washington, DC: US Government Printing Office; November 2000.

Endnotes

[a] Significance is based on 95% Confidence Intervals.

[b] The source for the Medicaid designations used in PRAMS is the Washington State Department of Social and Health Services, First Steps Database.

[c] AIAN - American Indian Alaskan Native

[d] NHOPI- Native Hawaiian Other Pacific Islander

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AlcoholPreg4

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Alcohol Use in Pregnancy